

## Airmen cautioned not to push limits

By Senior Airman **Shaun Emery**  
332nd AEW Public Affairs

Airmen deployed to Balad Air Base, Iraq, are reminded that following posted speed limits will help ensure the safety of the men and women and a successful mission for the 332nd Air Expeditionary Wing.

One group keeping an eye out for speeders is the Army's 301st Area Support Group Provost Marshal's Office.

"Speeders need to be aware that we're always monitoring the roads at Balad and Camp Anaconda," said Army Sgt. 1st Class Kerry Buckner, the provost marshal's law and order noncommissioned officer in charge.

"We want to make sure we don't have our people injured or killed," he said.

"It's dangerous enough here and we don't want to send a letter home to a parent because their son or daughter was killed in a motor vehicle accident."

According to Sergeant Buckner, the provost marshal's office will be monitoring high traffic areas closely. Those areas include the base exchange, movie theater



Photo by Senior Airman **Shaun Emery**

**The maximum speed limit on paved roads at Balad and Camp Anaconda is 48 km/h (30 mph). The maximum speed on dirt roads is 8 km/h (5 mph).**

and dining facilities. Speed limits are lower there and drivers are expected to watch out for pedestrians, he said.

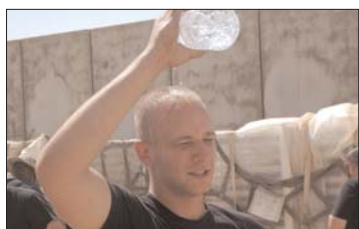
"Since we work at such a high (operations) tempo here in the area of responsibility, people are rushing around doing

mission-essential work," said Staff Sgt. Michael Bacon, 332nd AEW ground safety craftsman.

According to Sergeant Bacon, the maximum speed limit on Balad is 48 km/h (30

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### Preparing for summer heat



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# THIS JUST IN:

## Hot days in store for members of AEF 5/6

By Senior Airman **Tim Beckham**  
332nd AEW Public Affairs

When one pictures the combination of sand and sun, tropical paradise may come to mind, but here at Balad that tag team can be one terrible tandem.

With the dog days of summer almost upon us, temperatures are rising daily and dust storms are making frequent visits to Balad.

"The weather pattern during the summer is dominated by clear skies, high temperatures and winds up to 15 mph," said Maj. Scott Hausman, 332nd Expeditionary Operations Support Squadron weather flight commander. "The air is extremely dry here and precipitation events are rare, so with dry ground and high winds, persistent blowing dust is common."

According to Major Hausman, average temperatures will range from 100 to 110 degrees during the day to 70 to 85 degrees at night, but it will not be uncommon to see the temperature rise to the mid-120s.

With these climate conditions, weather-related injuries are always a risk.

"Heat-related injuries can range from dehydration to heat strokes," said Tech. Sgt. Julee Stevens, 332nd Expeditionary Aerospace Medicine Squadron public health noncommissioned officer in charge. "Heat stroke is the worst injury, but fortunately we haven't seen anyone in here for that yet."

When dealing with heat-related injuries, it is important to recognize the warning signs.

"The early warning signs of dehydration are headaches, dizziness and dry

mouth, which can progress to nausea, weakness, shortness of breath and muscle cramps," said Sergeant Stevens.

There are a few ways to beat the heat.

"It's important to stay hydrated, work in cool areas whenever possible and take frequent breaks, especially when doing heavy work," she said.

Heat isn't the only concern for Balad Airmen.

"On occasion, thunderstorms will produce winds as high as 50 mph, causing intense dust storms like the one Sunday night," said Major Hausman. "These dust storms are known as haboob, which is related to the word wind in Arabic. The thunderstorms can be as far away as Syria or Jordan, yet produce dust storms over Balad."

When sandstorms whip through, the

key is to take cover.

"When caught in a dust storm it's important to seek shelter if at all possible, or at least wear your goggles," said Capt. James DeMary, public health chief.

"We also strongly discourage the use of contact lenses here," added Sergeant Stevens. "The dust gets in between the lens and eye and can cause corneal abrasion and infections."

Balad's Airmen may be the most important asset here, but the equipment takes just as much of a beating from the weather.

"Our equipment must be protected from the heat and dust as well," said Major Hausman. "Critical electronic and mechanical components in our aircraft and other equipment may fail to function properly if not protected."

### Work rest cycles and fluid replacement guidelines

Heat Category	Heat Index (°F)	Light Work		Moderate Work		Heavy Work	
		Work Rest	Water Intake (QT/Hour)	Work Rest	Water Intake (QT/Hour)	Work Rest	Water Intake (QT/Hour)
<b>1</b>	78-81.9	No Limit	1/2	No Limit	3/4	40/20 min	1
<b>2</b>	82-84.9	No Limit	1/2	50/10 min	3/4	30/30 min	1
<b>3</b>	85-87.9	No Limit	3/4	40/20 min	3/4	30/30 min	1
<b>4</b>	88-89.9	No Limit	3/4	30/30 min	3/4	20/40 min	1
<b>5</b>	>90	50/10 min	1	20/40 min	1	10/50 min	1

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# Be \$mart with your money

## *Don't hang financial responsibilities out to dry*

By Senior Airman **Shaun Emery**  
332nd AEW Public Affairs

While deployed, Airmen receive a host of entitlements. They receive combat zone tax exclusion, \$225 hostile fire pay per month, \$3.50 per diem and for those with families, \$250 family separation allowance per month. Airmen who live in dormitories at their home station also receive basic allowance for housing.

All totaled these entitlements can add up to thousands of dollars over the span of a rotation. Members of the 332nd Air Expeditionary Wing finance office are here to help with financial questions, but according to Maj. William McGraw, 332nd AEW chief of finance, every Airman is responsible for keeping up to date with their bills.

"It's important that every person check

this or her leave and earnings statement each pay period," said Major McGraw. "If there is a problem, the finance office will do everything it can to solve it, whether it's calling a home station finance office or the member's first sergeant."

The ramifications of missing a mistake could become very serious if a deployed Airman is getting paid too much or not enough, said Major McGraw.

"If you're getting too much in your check and finance finds the mistake, the money will be immediately taken out," said Major McGraw. "On the flip side, if there is not as much money as someone planned, they may write a check and won't have the funds to cover it. If you have a wife and children at home, they may not have the money to buy groceries. If you start worrying about that, you won't

be able to focus on the mission at hand."

Along with checking to make sure there are no mistakes in their military pay, Airmen deployed to Balad also have the opportunity to participate in the uniformed services savings deposit plan.

This plan allows members to deposit up to \$10,000 and receive 10 percent annual interest on their investment. The money must be withdrawn 90 days after the end of their deployment. The finance office here can assist Airmen with setting up an account.

"Most regular savings accounts offer interest rates of one to two percent," said Major McGraw. "If you are keeping your money in a checking account, you're not making anything."

One way for Airmen to stay proactive in their finances is by filling out their accrual vouchers as soon as possible. Many Airmen use their government travel card to cover expenses entering the area of responsibility, and the accrual voucher will transfer the necessary funds to their travel card, said the Major.

"The balance needs to be paid up to date," said Major McGraw. "Even though a person is deployed, they're still responsible for paying that bill. If a person goes four months and doesn't pay it off, they could face serious repercussions when they arrive back to their home station."

For more information on financial services and hours, contact the 332nd AEW finance office at 443-7482 or visit the finance web site at <http://blab-web-n.blab.aorcentaf.af.mil/AEW/Finance/index.htm>.



Photo by Senior Airman **Shaun Emery**

**An Airman withdraws cash from the 332nd Air Expeditionary Wing finance office cashiers cage. Finance members encourage Airmen to keep a close eye on their finances while deployed to Balad.**

To view your Leave and Earnings statement online visit:

**<https://mypay.dfas.mil/mypay.aspx>**



Photo by Senior Airman Tim Beckham

**Areas around the base exchange, movie theater and bus stops will be closely monitored by the Army's 301st Area Support Group provost marshal's office.**

#### **SPEEDING, from Page 1**

mph) and 8 km/h (5 mph) on any unimproved roads. People should be aware of how slow 8 km/h is.

"A person could do a medium-paced jog beside a car traveling 5 mph (8 km/h)," said Sergeant Bacon.

"The streets of Balad are not only full of pedestrians, but also a wide variety of vehicles. Many Army vehicles are large and take up most of the space offered by some of the base's narrow streets. If someone's not paying attention, there is the danger of hitting one of their side mirrors," he added.

"Air Force personnel are not used to such big vehicles. It's important that we are aware of our surroundings while traveling on base."

Speeding is an important safety issue but Sergeant Bacon explains that it's important to know that vehicle safety extends beyond following the speed limit. There are rules and guidelines to follow while operating vehicles.

"The first and the most important rule is buckling your safety belt," explained Sergeant Bacon. "There is no middle ground. If you're driving or riding in any vehicle, even a Humvee, it's mandatory that you wear your seat belt."

According to both the ground safety office and the provost marshal's office, ensuring the safety of the servicemembers at Balad is a top priority and a necessity for mission success.

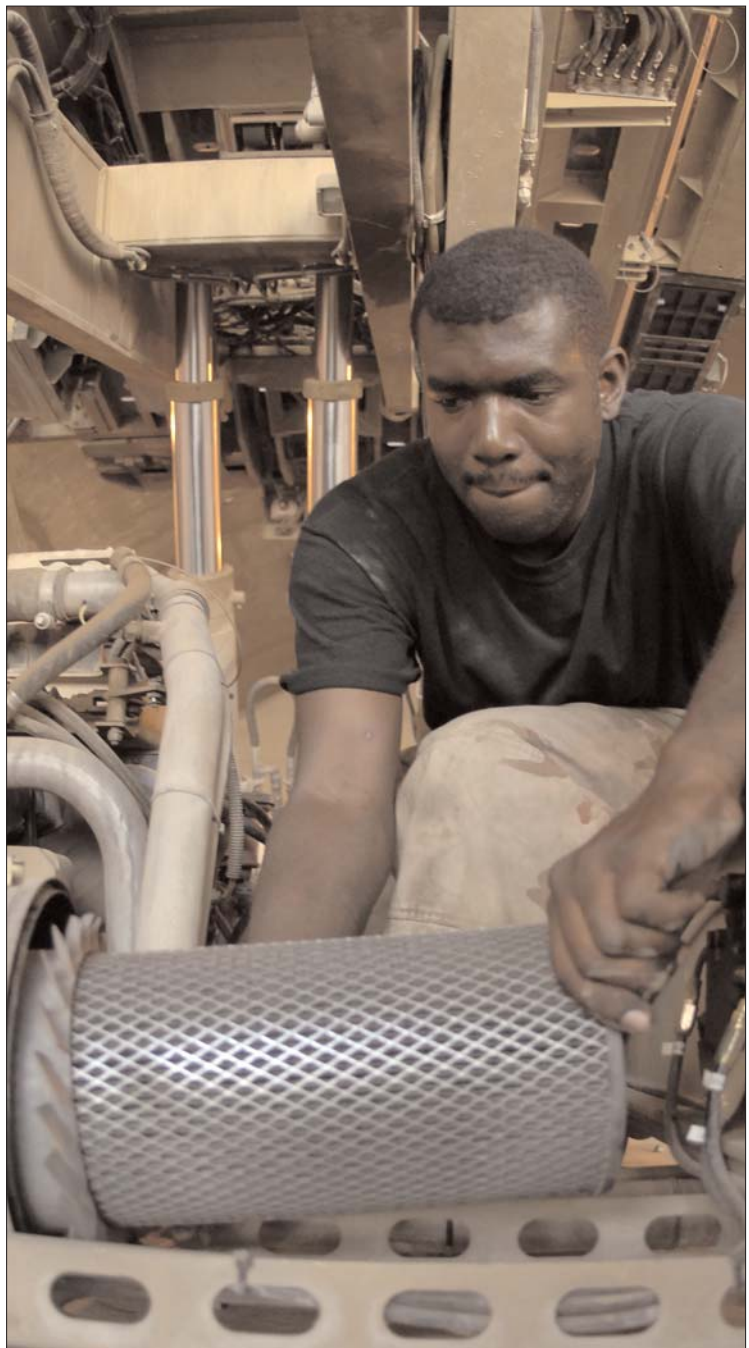


Photo by Senior Airman Jason Robertson

### *Quick pit stop*

**Staff Sgt. Ancele Prince, 332nd Expeditionary Logistics Readiness Squadron, removes the air filter from a Halvorson 25K New Generation Style Loader (NGSL). The 332nd ELRS mission is to provide expeditionary logistics sustainment through aerial port, supply, transportation, vehicle, fuels and logistics planning operations, while constantly improving the organization and warfighter mission.**



# Dust in the wind

Airmen stay vigilant during sandstorm

By Tech. Sgt. **Brian Davidson**  
447th Air Expeditionary Group Public Affairs

BAGHDAD, Iraq — Just about midnight the wind kicked up here as suddenly as someone turning off a light switch, bringing with it huge clouds of dust that rolled in and obliterated everything from view.

People who were bunked out in their tents were rudely awak-

ened as tent ropes strained and even some beds were buffeted by the turbulence.

“Although weather reports had predicted high winds,” said Tech. Sgt. Michael Sanborn, 447th Expeditionary Operations Squadron weather flight noncommissioned officer in charge, “even our satellite images didn’t reveal the curtain of dust that descended on the airfield.”

Deployed from the 25th Operational Weather Squadron at Davis-Monthan Air Force Base, Ariz., Sergeant Sanborn is no stranger to working in a desert environment, and knew full well the dangers of such high winds and reduced visibility.

“We had 10 aircraft due in that couldn’t land and had to turn around,” said Col. Daniel Kornacki, 447 Air Expeditionary Group commander. “Three aircraft ended up stuck on the ground as their crews scrambled to cover intakes and protect their engines from the blowing dirt.”

Colonel Kornacki is deployed from his position as the vice commander of the 94th Airlift Wing at Dobbins Air Reserve Base, Ga. As a career C-130 pilot in the Air Force Reserve, and a Boeing 737-200 pilot for Delta Airlines, he knows from experience how unpredictable the weather can become and its impact on flying operations.

Shortly after the wind began, Colonel Kornacki set off driving up and down the flightline, straining to see through the dust as he searched for aircrew members who might have been caught out in the storm.

People who were working on the flightline ran for cover, and many of those who were off duty and had been sleeping stumbled out of their beds to see what was happening, only to find they couldn’t even see the tent next door.

“Visibility was officially down to one sixteenth of a mile,” Sergeant Sanborn said, “but the dust was pretty thick in some areas.”

By first light the winds had died down, but there was so much dirt in the air the sun was only a faint light in the eastern sky.

A layer of dust, so fine it was like brown flour, covered everything.

“It was everywhere – you could even taste it in the air,” Colonel Kornacki said.

Flight crews began trying to clean out engine intakes and other critical components of their aircraft, while other Airmen were shaking the dirt out of their hair and clothes as they set about their normal daily routine – chalking the experience up to “just one of those things that happens when you’re deployed.”



Photo by Tech. Sgt. **Brian Davidson**

**Senior Airman Dawn Lister, 447th Expeditionary Security Forces Squadron, works the flightline entry control point as a fine, brown dust coats everything following a night-long sandstorm.**

# Adventurous Airmen

By Senior Airman **Shaun Emery**  
332nd AEW Public Affairs

The trip is long and arduous; some Airmen drop out, while others continue to pursue their goal to a healthier lifestyle.

Airmen seeking to get into shape while deployed to Balad Air Base, Iraq, can participate in the Run to Baghdad or Mount Abrams Climb, programs designed by the Tuskegee Fitness Center to give Airmen an incentive to get out and run.

"We hope these programs will give people another reason to get in shape," said Marisol Sixtos, fitness center technician. "Many people have signed up for and are using both programs."

Both programs are based on the honor system. In the Run to Baghdad program, servicemembers can sign up for either 200, 150 or 100 miles.

Participants can either run outside or use a treadmill to rack up miles. The fitness center provides a log to keep track of the distance run. Once people complete their mileage, they are awarded a t-shirt

"We hope these programs will give people another reason to get in shape."

- Marisol Sixtos  
Tuskegee Fitness Center technician

with the distance on it.

"It's not much," said Ms. Sixtos, "but it's a reminder to that person that they set out and accomplished their goal."

Airmen looking to take on the rugged trail up Mount Abrams have a variety of options to reach their fitness peak. Teams of two to four participants try to reach the goal of 37,000 feet, using treadmills, stationary bikes, elliptical trainers or stair machines. The distance they travel is converted to feet. The fitness center has a picture of a mountain where teams can see their accomplishments.

Senior Airman Jose Martinez, 332nd Expeditionary Communications Squadron, says he plans to take advantage of the program to help get into shape.

"It will be great to set a goal for myself and finish it by the time I leave," he said.

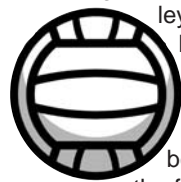


Photo by Senior Airman Shaun Emery

**Jose Martinez, 332nd Expeditionary Communications Squadron, works out on an elliptical trainer at the Tuskegee Fitness Center.**

## Sports leagues

The Tuskegee Fitness Center is accepting rosters for 4-on-4 volleyball and 5-on-5 basketball leagues. Games will begin June 17. Games will be played outside the fitness center in H-6. Completed rosters are due to the fitness center staff no later than Sunday. Schedules will be distributed later in the week. For more information, contact the fitness center at 443-7485.



 <b>June</b>  <b>fitness center</b> 						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Bench Press 3:30 p.m.	2	3	4 Sumo Wrestling 3:30-4:30 p.m.
5 Power lifting 3:30 p.m.	6 Jumping rope 3:30 p.m.	7	8	9 Bench Press 3:30 p.m.	10 Sit up Push up Pull up 3:30 p.m.	11 Sumo Wrestling 3:30-4:30 p.m.
12 Power lifting 3:30 p.m.	13	14 Jumping rope 3:30 p.m.	15 Bench Press 3:30 p.m.	16 Sit up Push up Pull up 3:30 p.m.	17	18 Sumo Wrestling 3:30-4:30 p.m.
19 Power lifting 3:30 p.m.	20 Jumping rope 3:30 p.m.	21	22	23 Bench Press 3:30 p.m.	24 Sit up Push up Pull up 3:30 p.m.	25 Sumo Wrestling 3:30-4:30 p.m.
26 Power lifting 3:30 p.m.	27	28 Jumping rope 3:30 p.m.	29 Bench Press 3:30 p.m.	30 Sit up Push up Pull up 3:30 p.m.		



# Serving on the frontier of freedom

By Col. **Damon Booth**  
332nd AEW Operations Group commander

"We the People of the United States, in Order to form a more perfect Union ..... and secure the Blessings of Liberty for ourselves and our Posterity, do ordain and establish this Constitution for the United States of America."

These are the words in the preamble to the United States Constitution our founding fathers used to establish our representative democracy.

These words and the power of the vision it encapsulates have allowed our country to become the leader of free peoples everywhere.

We all have benefited both individually and collectively from the freedoms created by our Constitution and preserved by the servicemembers who have served and sacrificed before us to keep its enduring vision and ideals intact and alive.

We all studied the Constitution in school and know from history that the freedoms we enjoy did not come cheap. Throughout our history, our own liberty and the freedoms enjoyed by free peoples throughout the world were secured and preserved by military servicemembers like ourselves.

From a historical perspective, it's also enlightening to reflect on how the

" Regardless of your position or rank, each of us American servicemembers is playing an important role in the future of freedom and liberty for the people of Iraq. "

- Col. Damon Booth  
332nd AEW Operations Group commander

Constitution we are all sworn and affirmed by oath to support and defend has indeed made our country a more perfect union since its beginnings under this Constitution in 1787.

On the global stage, our love of liberty drove us as a country to save Europe from fascism, Asia from imperialism, and the entire world from the tyranny of Communism.

Last Tuesday, at the monthly promotion and awards ceremony in Town Hall, the closing remarks of Brig. Gen. Blair Hansen, our 332nd Air Expeditionary Wing commander, included the phrase "frontier of freedom" in describing our mission here in Operation Iraqi Freedom.

That phrase, "frontier of freedom," caught my attention and served as a reminder to me of what our mission is really all about and how what we do here is connected to the very core of what America represents.

It is this connection to the mission of

spreading freedom to the Iraqi people that makes me proud of my service and the role I play in our 332nd AEW.

Each of us has an important role in both protecting our freedoms at home and ensuring stability in Iraq to allow their fledgling Constitution to be written and accepted by the Iraqi people.

Regardless of your position or rank, each of us as American servicemembers is playing an important role in the future of freedom and liberty for the people of Iraq.

Rest assured, someday we will all reflect on this experience as a turning point in history when a people that have been ruled by tyrannical dictators for years were allowed to stand up a democracy.

The elections Jan. 30 showed us the motivation of the Iraqi people to secure their own democracy. Take a moment out of your day to reflect on the magnitude of our collective mission and the role you play in it.

Just as the Tuskegee Airmen helped defeat Nazism in Europe, and more recently how our predecessors defeated communism, today we forge ahead in defeating terrorism.

You are writing the next pages of history every day. Be proud of your service on the "frontier of freedom."

## Diamond notes

**Headphones are prohibited unless required for military duties. This includes the official PT uniform or conservative PT uniform. Headphones may be worn with PT uniform in the fitness center or on an authorized running track while performing PT activities.**

From the 332nd Air Expeditionary Wing First Sergeant.

## Balad AB Religious Schedule

### Protestant - Traditional

Sundays

7:30 a.m. Hospital, 9:30 a.m. Provider Chapel, 11 a.m.

Freedom Chapel

### Protestant - Gospel

Sundays

11 a.m. - Sustainer Indoor Theater, 11:30 Freedom

Chapel, 7 p.m. - Provider Chapel

### Protestant- Praise and Worship

Sundays

9:30 a.m. Sustainer Indoor Theater, 10 a.m. Freedom

Chapel, 5:30 p.m. Tuskegee Chapel, 6:30 p.m. MWR

Tent 29th SPT BN

Wednesdays

7 p.m. Freedom Chapel

### Protestant - Contemporary

Sundays

10 a.m. 299th FSB Tent Chapel, 11 a.m. Town Hall

### Latter Day Saints

Sundays

1p.m. Provider Chapel, 7 p.m. Tuskegee Chapel

### Liturgical- Protestant

Sundays

8 a.m. Provider Chapel

### Samoan Congregational Service

Sundays

4 p.m. Provider Chapel

### Roman Catholic Mass

Mondays - Fridays: 7 p.m. Tuskegee Chapel

Wednesdays

11 a.m. Air Force Hospital

Saturdays

5 p.m. Tuskegee Chapel (4:45 p.m. Reconciliation)

Sundays

8:30 a.m. Freedom Chapel, 9 a.m. Tuskegee Chapel,

11 a.m. Provider Chapel, 3:30 p.m. "626" Chapel (for

Special Ops personnel only)

### Church of Christ

Sunday

11 a.m. Aviation Village 1, 1-245 ATS/Conf. room

### Islamic Prayer

Fridays

13:30 p.m. Provider Chapel

### Jewish Prayer

Fridays

6:30 p.m. Provider Chapel Annex

## Meet your neighbor



Photo by Senior Airman Shaun Emery

### Master Sgt. David Scott

**Home station:** Lackland Air Force Base, Texas

**Unit:** 332nd Expeditionary Aerospace Medicine Squadron

**Hobbies:** Restoring cars

**How do you contribute to the mission?**

Tracking medical records for Airmen deployed to Balad

**What is your favorite aspect of deployment?** The camaraderie

**Besides your family, what do you miss back home?** Mexican food from San Antonio

## Know what this is?



Photo by Senior Airman Shaun Emery

If you can identify the object, send us an e-mail at [redtailflyer@blab.centaf.af.mil](mailto:redtailflyer@blab.centaf.af.mil). The first person with the correct answer wins a \$5 gift certificate courtesy of the 332nd Expeditionary Services Squadron. Last week's photo of the finance cage was first identified by Master Sgt. Timothy Gustafson, 332nd Expeditionary Medical Group.

# Sustainer movie schedule

Schedule is subject to change



### Today

3 p.m. - Sin City  
6 p.m. - The Longest Yard  
9 p.m. - Sin City

### Saturday, June 11

3 p.m. - The Longest Yard  
6 p.m. - Sin City  
9 p.m. - The Longest Yard

### Sunday, June 12

3 p.m. - Beauty Shop  
6 p.m. - The Longest Yard  
9 p.m. - Sin City

### Monday, June 13

3 p.m. - Hostage

6 p.m. - Guess Who

9 p.m. - Sin City

### Tuesday, June 14

3 p.m. - The Pacifier  
6 p.m. - Sin City  
9 p.m. - The Longest Yard

### Wednesday, June 15

3 p.m. - Guess Who  
6 p.m. - Beauty Shop  
9 p.m. - Hostage

### Thursday, June 16

3 p.m. - Beauty Shop  
6 p.m. - The Longest Yard  
9 p.m. - Sin City

